



Mint Gremolata Zucchini with Sea Salt

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



72 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon sea salt
- 0.3 cup flat-leaf parsley fresh finely chopped
- 0.3 cup mint leaves fresh finely chopped
- 2 garlic cloves minced
- 1.5 tablespoons lemon rind grated
- 1 tablespoon olive oil
- 2 teaspoons olive oil extra-virgin

2 medium zucchini

Equipment

bowl

frying pan

grill

grill pan

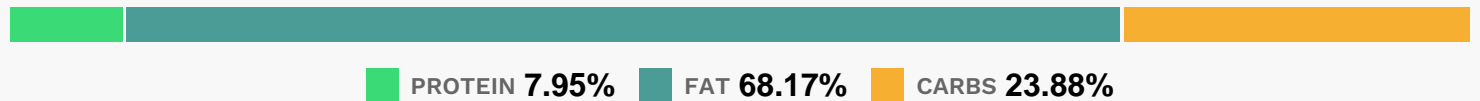
Directions

Preheat grill pan over medium-high heat.

Combine first 4 ingredients in a bowl; toss well to coat. Arrange zucchini in a single layer in pan; grill 4 minutes, turning after 2 minutes.

Combine parsley, mint, lemon rind, olive oil, and minced garlic. Divide zucchini evenly among 4 plates; top evenly with gremolata.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:8.8399999297183%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 72.21kcal (3.61%), Fat: 5.89g (9.06%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 3.01g (1.09%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 156.68mg (6.81%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Vitamin K: 69.26µg (65.96%), Vitamin C: 26.79mg (32.48%), Manganese: 0.25mg (12.7%), Vitamin A: 633.32IU (12.67%), Vitamin B6: 0.19mg (9.48%), Potassium: 303.92mg (8.68%), Folate: 32.78µg (8.2%), Fiber: 1.63g (6.52%), Vitamin E: 0.95mg (6.31%), Vitamin B2: 0.11mg (6.29%), Magnesium: 22.69mg (5.67%), Iron: 0.83mg (4.59%), Phosphorus: 44.23mg (4.42%), Copper: 0.08mg (3.76%),

Vitamin B1: 0.05mg (3.61%), Calcium: 34.12mg (3.41%), Vitamin B3: 0.56mg (2.8%), Zinc: 0.41mg (2.73%), Vitamin B5: 0.24mg (2.42%)